

**ANNISA RAHMALIA**

**PENGARUH TEKNIK RELAKSASI DAN TERAPI PIJAT TERHADAP  
PENURUNAN INTENSITAS NYERI POST SC DI RUMAH SAKIT  
ANUGERAH MEDICAL CENTER METRO LAMPUNG TAHUN 2023**

**xiii + 68 halaman + 8 tabel + 5 lampiran**

**ABSTRAK**

Tindakan anestesi dalam tindakan pembedahan SC dilakukan ketika di butuhkan. Pasien di RS Anugerah Medical Center setelah dilakukan SC akan tetap terasa nyeri setelah selesainya tindakan operasi walaupun sudah diberikan analgetik.

Angka persalinan *section caesarea* di Provinsi Lampung tahun 2013 sekitar 4,5%. Angka kelahiran dengan *section caesarea* di Kota Bandar Lampung pada tahun 2016 adalah 3,401 dari 170.000 persalinan (20%) dari seluruh persalinan. Terdapat 180 perbulan kasus persalinan *sectio caesarea* di Rumah Sakit Anugerah Medical Center Kota Metro Provinsi Lampung. Teknik relaksasi dapat mengurangi rasa nyeri dengan merilekskan ketegangan otot yang mendukung rasa nyeri.

Tujuan penelitian ini untuk mengetahui pengaruh teknik relaksasi dan terapi pijat terhadap tingkat nyeri klien post operasi *Sectio caesarea* di Rumah Sakit Anugerah Medical Center Kota Metro Provinsi Lampung Tahun 2023. Jenis penelitian kuantitatif dengan design penelitian analitik dengan pendekatan secara *cross sectional*. Alat pengumpul data yang digunakan berupa kuesioner. Populasi selama 1 bulan (April - Mei tahun 2023) 180 persalinan *Sectio caesarea*. Teknik pendekatan yang digunakan adalah *accidental sampling*. Analisis statistik menggunakan Uji Test dependent dan independent. Hasil analisa bivariat diketahui pada didapatkan nilai  $p \text{ value} = 0,001 < \alpha = 0,05$ . Disimpulkan bahwa Ada pengaruh Teknik relaksasi dan terapi pijat terhadap penurunan nyeri Post SC sebelum dan sesudah diberikan Teknik relaksasi dan terapi pijat. Peneliti menyarankan kepada petugas agar memberikan terapi pijat dalam penatalaksanaan rasa nyeri agar dapat memberikan pelayanan kesehatan maternal secara komperhensif.

Kata kunci : Terapi pijat, intensitas nyeri, *Post SC*

Bahan bacaan : 20 (2017-2022)

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**THE EFFECT OF RELAXATION TECHNIQUES AND MASSAGE  
THERAPY ON REDUCING POST-SC PAIN INTENSITY AT ANUGERAH  
MEDICAL CENTER METRO LAMPUNG HOSPITAL IN 2023**

**xiii+68pages +8table+5appendix**

**ABSTRACT**

Anesthetic actions in SC surgery are carried out when needed. Patients at Anugerah Medical Center Hospital after having an SC will still feel pain after the completion of the operation even though they have been given analgesics.

The cesarean section delivery rate in Lampung Province in 2013 was around 4.5%. The birth rate by caesarean section in Bandar Lampung City in 2016 was 3,401 out of 170,000 deliveries (20%) of all deliveries. There are 180 cases of caesarean delivery per month at Anugerah Medical Center Hospital, Metro City, Lampung Province. Relaxation techniques can reduce pain by relaxing the muscle tension that supports the pain.

The purpose of this study was to determine the effect of relaxation techniques and massage therapy on the pain level of postoperative Sectio caesarea clients at Anugerah Medical Center Hospital, Metro City, Lampung Province in 2023. Type of quantitative research with analytical research design with *a cross sectional* approach. The data collection tool used is in the form of a questionnaire. Population for 1 month (February - March 2023) 180 *cesarean section* delivery . The approach technique used is *accidental sampling*. Astatistical nalisusing the T Test. The results of the analysis bivariate are known to obtain the value  $p$  value =  $0.001 < \alpha = 0.05$ . It was concluded that there was an effect of relaxation techniques and massage therapy on the reduction of Post SC pain before and after relaxation techniques and massage therapy. Researchers suggest that officers provide massage therapy in the management of *Post SC* pain in order to provide comprehensive maternal health services.

Keywords : massage therapy, pain intensity, *Post SC*

Reading material: 20 (2017-2022)